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Migrant death toll climbing off Italy's coast

Divers find dozens more bodies of asylum-seekers from Eritrea PAGE 5

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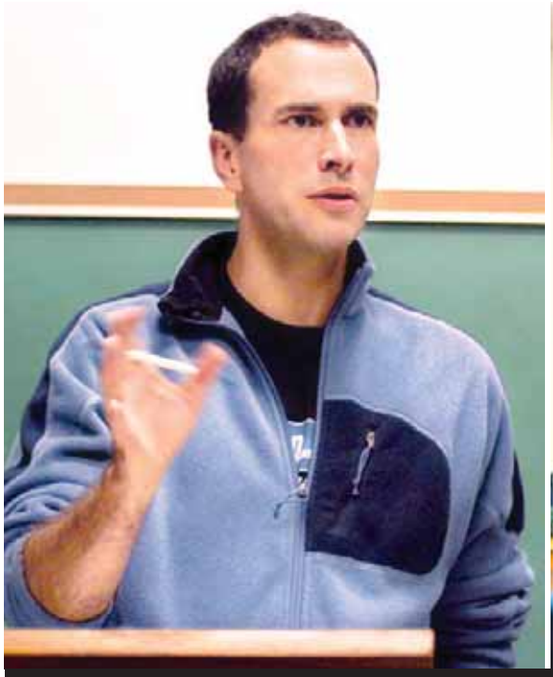
'SWAB PARTIES'

FAMILY AND FRIENDS SEARCHING FOR BONE-MARROW MATCH TO SAVE BROCKVILLE NATIVE'S LIFE PAGE 3

Freed Canadians 'surprised': Sister



Filmmaker and professor John Greyson, left, and physician Dr. Tarek Loubani were freed from an Egyptian prison early Sunday. They were arrested on Aug. 16 during violent anti-government demonstrations in Cairo. The two said they spent most of their time crammed with other inmates in a filthy, cockroach-infested prison cell as they awaited word on their fate. They staged a 16-day hunger strike to try to pressure officials to release them, but started eating food again last week. LOUBANI AND GREYSON FAMILIES/THE ASSOCIATED PRESS

Egyptian prison.
Prime Minister, Ont. Premier welcome news of the release

Two Canadians held in an Egyptian prison were completely surprised when a guard swung open their cell door and led them to freedom after seven weeks in detention, says a relative of one of the men.

John Greyson's sister Cecilia said the Toronto filmmaker and London, Ont.'s Dr. Tarek Loubani had no clue that they were being freed.

"They just got a knock on the cell door and they were just sort of shuffled out of the cell," she said her brother told her in a late-night call immediately after he was released from a Cairo prison with Loubani early Sunday morning.

"He actually thought they were changing cells or going to a different prison. So he was as surprised as anyone else about their release."

Cecilia Greyson said that when the phone rang late Saturday night she had no idea it was her brother calling from the comfort of a hotel.

"I think he just said, 'Hi, it's John,' and I sort of screamed and started to cry."

The filmmaker and doctor were arrested Aug. 16 during violent anti-government demonstrations in Cairo and detained in what they've called squalid conditions.

In her first time speaking to her brother since then, Cecilia Greyson said her brother told her he was in good health. She added his sense of humour shined through during their 10-minute conversation.

The men are currently in a Cairo hotel but will remain in Egypt until "red tape" is cleared allowing them to come home, Cecilia Greyson said, adding consular officials are helping them.

She expects them back within days but said they will likely need time to adjust to normal life again. THE CANADIAN PRESS

What happened

The pair, who were en route to Gaza, had issued a statement from prison saying they checked out protests near their hotel and saw at least 50 protesters killed. Loubani stopped to treat the injured and Greyson filmed.

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NEWS 1

Neither rain nor sleet nor creepy dress stops this run

CIBC Run for the Cure. Participants drum up $1.2 million for Breast Cancer Foundation

SEAN MCKIBBON
sean.mckibbon@metronews.ca

Sunday's cold rain may have dampened fundraising but not spirits at the CIBC Run for the Cure at Tunny's Pasture.

More than 5,800 participants gathered to help raise $1.2 million for the Canadian Breast Cancer Foundation, which will help fund research, health education and advocacy programs.

"We would like to send a heartfelt thank you to everyone who made today a success: participants, donors, sponsors and volunteers," said run co-director Susan Enns in a news release.

"It is only with your generosity that we can continue funding breast-cancer research that is changing what we know about how to prevent, detect, diagnose and treat the disease.

"Because of you, we are getting closer to a future without breast cancer."

Ups and downs

Paul Lansbergen, one of the event's organizers, said he thought the total raised might be down somewhat from previous years because of the weather — but said he thought the turnout was still on par with previous years.

Paul Lansbergen, one of the event's organizers, has been involved in the Run for the Cure since 2006 and said it holds a special meaning for him, having lost his mother, Bernadette, to the disease.

"She's really been an inspiration for me. She died young at the age of 61. She was the strongest person I've ever known," he said.

Lansbergen said fundraising efforts are making a difference in spreading awareness, improving treatment and educating women about self-screening and prevention.

"Mortality rates have declined almost 40 per cent since the foundation started this run (over 25 years ago)," said Lansbergen.

Breast Cancer survivor Olga Lambert, of Ajax, poses for a photo with yellow-clad Tristan Leblanc and pink-frocked Nick Paquin at the CIBC Run for the Cure on Sunday. SEAN MCKIBBON/METRO

Simple bridge shouldn't be so hard: Prof

A city rendering of what the finished Airport Parkway pedestrian bridge is supposed to look like. CONTRIBUTED

How many engineers does it take to build a bridge?

"A building project as simple and straightforward as the Airport Parkway pedestrian bridge is not a challenging project," says David Lau, professor of structural engineering at Carleton University.

"I can't understand why the city is having so many troubles. I've never heard of a project with so many problems before."

Indeed, the city has had nothing but trouble since starting the $7-million bridge, which connects the Hunt Club community with a nearby transitway station.

Problems began last year when the project's then engineers, Genivar, used the wrong concrete. The bridge's decorative foundation had to be completely re-poured.

However, that snafu seems a minor inconvenience after a team of third-party engineers discovered structural defects that may necessitate rebuilding from scratch.

Frustrated, River Ward Coun. Maria McRae and the city's deputy manager, Nancy Schepers, held a joint press conference on Friday to announce that construction would remain at a standstill until Delcan Corp. — the project's third engineering firm — returns with a plan of action in November.

In the meantime, the city has said it will sue Genivar for construction overcosts and delays, while McRae wants the city to hire a third party to vet major building projects and avoid catastrophes like this in the future.

DENIS ARMSTRONG/FOR METRO

Man injured

Witnesses sought in hit-and-run

Police are seeking anyone who saw a hit-and-run between a pickup truck and a pedestrian near Fisher Avenue and Meadowlands Drive early Saturday morning. A 20-year-old man suffered non-life-threatening injuries. JOE LOFARO/METRO

Uplands Drive

Families ousted by high-rise fire

Eight families were displaced and four people were treated for smoke inhalation Saturday following a fire at a high-rise on Uplands Drive. Damages are estimated at $225,000. The cause is under investigation. JOE LOFARO/METRO

Fire crews work at 3301 Uplands Dr. on Saturday. YOUTUBE

Gatineau

Man found dead outside apartment

Quebec provincial police are investigating after a 64-year-old Gatineau man was found dead outside an apartment building Saturday evening.

Sûreté du Québec Sgt. Gregory Gomez said Gatineau police were called to 20 Mance St. at 7:30 p.m. to respond to a disturbance.

"They tried to communicate with the man, but they were unable to do so," said Gomez on Sunday.

Police later found the man unresponsive. He was pronounced dead at hospital.

Sûreté du Québec has taken over the investigation because the man died while police responded to the call.

JOE LOFARO/METRO

Ottawa, T.O. bars to hold 'swab parties' for Leukemia patient

OneMatch. Finding a bone-marrow match the 'last chance,' for Brockville native

JOE LOFARO
joe.lofaro@metronews.ca

His friends say he's a "charismatic" and "great guy who's always there for everyone," but Chris Taylor might be celebrating his 36th birthday in hospital, not at a party, if he doesn't find a much-needed stem-cell match.

Taylor is a leukemia patient with ties to two bars in Ottawa and Toronto, and his friends and family in both cities are rallying behind him as they hold "swab parties" on Tuesday night. A co-owner of Kanata's Crazy Horse Stonegrill Steakhouse and Saloon, he had been working as general manager of Toronto's Grace O'Malley's before he was diagnosed in June 2012.

Both bars are going dry between 6 and 8 p.m. on Tuesday as they get patrons to swab the inside of their cheeks to donate vital stem cells for the OneMatch program.

The Canadian Blood Services runs OneMatch with the aim of matching patients with stem-cell donors around the world.

After a "rough" third round of chemotherapy last week, Taylor is in desperate need of a stem-cell or bone-marrow transplant.

His father, Bob, took a long, deep breath before he said, "That's his last chance, actually," during an interview by phone from his home in Brockville.

"It's hard enough going through the first round thinking you're on the mend and things are going to be better," he said. "To be told the leukemia has returned is — well, for any cancer patient it's a difficult scenario."

Bob will volunteer at the Ottawa event, while Taylor's mother, Debbie, will volunteer in Toronto.

Crazy Horse co-owner Gregg McCabe is hoping for an attendance of a couple hundred people. People between the ages of 17 and 35 are eligible to donate their stem cells.

"As a family we're very grateful to the owners of Crazy Horse and Grace O'Malley's. This isn't the first thing they've done for Chris," said Bob.

To learn more about the OneMatch program, visit onematch.ca.

Chris Taylor sits on his bed at the Princess Margaret Hospital in July. JESSICA SMITH/METRO

Ottawa protest calls for Canada to continue pressure on Egypt

Omar Abdelrazek, right, chants in front of Parliament Hill Sunday as demonstrators protest the military coup in Egypt. JOE LOFARO/METRO

As Egyptians in the nation's capital welcomed the release of two Canadians from a Cairo prison Sunday, some were on Parliament Hill demanding Canada continue pressuring the Egyptian government to respect human rights.

John Greyson and Dr. Tarek Loubani spent nearly 50 days behind bars in brutal conditions without being charged following their Aug. 16 arrest.

"We live in a free, peaceful world in Canada. But our friends, our parents, the people that we know in Egypt — they don't have this freedom," said Omar Abdelrazek. "So we hope that the prime minister of Canada would deliver this message to the people who are in charge in Egypt. Tell them to stop the killing, stop the hate."

The 21-year-old Carleton University student led the demonstration with chants like, "This coup will never stand" as other protesters held placards that read "Stop the massacres." At least 28 people were killed in Egypt Sunday as violent clashes erupted between police and supporters of ousted Muslim Brotherhood leader Mohammed Morsi. JOE LOFARO/METRO

Quoted

"We live in a free, peaceful world in Canada. But ... the people that we know in Egypt — they don't have this freedom."

Protester Omar Abdelrazek

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Best of Canadian comedy honoured, celebrated in Ottawa

Award show. CBC cleans up with wins in several categories

Dan Beirne as son Malcolm, left, and Mark Little as his eccentric father in the web series Dad Drives were honoured with a Canadian Comedy Award. SCREENSHOT

The winners of the 14th annual Canadian Comedy Awards were announced Sunday night, with comedian Colin Mochrie winning for Comedy Person of the Year, while Goon — Jay Baruchel and Evan Goldberg's 2001 film about a minor league hockey enforcer took tops for Best Feature Film.

The independent feature film, My Awkward Sexual Adventure, was a double winner scoring Best Director for Sean Garrity and Best Female Performance for Emily Hampshire.

Last night's other double winner was the web series Dad Drives, which won Best Writing in a TV or Web series for Dan Beirne and Mark Little, and for Best Male Performance for Little.

Ottawa comedian Rebecca Kohler won for best taped live performance, CBC personality Steve Patterson won for best male stand-up, CBC's This is That won for best radio comedy and best TV comedy series was a tie between Mr. D and This Hour Has 22 Minutes.

Other winners included Unlucky's Jim Annan for Best Male Performance in a Feature, and Mr. D's Naomi Snieckus for Best Performance in a TV or Web series. In total, organizers handed out awards they affectionately call Beavers, in 13 categories.

Sunday's announcement wrapped up a weekend of comic performances by famed Canadian standup comedians including Alan Thicke, Nikki Payne and Sean Cullen and on the home front, Ottawa funnymen Jeremy Hotz, Jon Dore, Tom Green and in only his second performance since receiving a liver transplant in March, veteran Mike MacDonald.

"What a fantastic week — from the opening night party in the Ontario Comedy Pavilion, to seeing Mike McDonald back on his feet and making people laugh and acknowledging the best in all genres of comedy," said the festival's director Tim Progosh. "Hope to see y'all next year!"

DENIS ARMSTRONG/FOR METRO

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Local film brings life to zombie genre

Ottawa shlockmeister Brett Kelly's My Fair Zombie gets its local premiere at the Mayfair Theatre on Nov. 7.

Co-written by Kelly and Trevor Tayer and shot entirely in Ottawa for $100,000, this musical-horror-comedy mash-up of My Fair Lady and The Walking Dead stars Lawrence Evenchick as Professor Henry Higgins, Barry Caiger as Colonel Pickering and Sacha Gabriel as Eliza Dolittle and features songs written by Stephen John Tippett of Ottawa band My Tiny Circus.

"It's more funny than scary," said Kelly. "The zombie genre looks like its ready to die, but then it comes back to life."

Kelly's 25th film,"My Fair Zombie" picks up where his 2006 zom-rom-com "My Dead Girlfriend" left off with zombies in lead roles.

It recently won Best Film at the Montreal Horrorfest, and is headed for film festivals in Toronto, Chicago and Buffalo before its DVD release this Christmas.

DENIS ARMSTRONG/FOR METRO

Barry Caiger as Colonel Pickering looks aghast at Sacha Gabriel as Eliza Dolittle in the locally shot horror comedy My Fair Zombie. CONTRIBUTED

Italy looks to Europe for solutions as migrant bodies pulled from sea

Lampedusa, Italy. Tens of thousands of migrants from Africa and the Middle East arrive each year seeking refugee status

An Italian government minister born in Africa watched wordlessly Sunday as soldiers wearing face masks carried body bags containing migrants from her continent who perished when a fishing boat transporting 500 asylum seekers from Eritrea sank within sight of the tiny island of Lampedusa.

Divers recovered 70 more bodies after seas calmed enough to resume search operations after a two-day suspension, increasing the death toll to at least 181. More than 150 others are presumed to be missing, trapped in the wreckage about 50 metres below the surface.

Italy has been receiving signs of solidarity from its European partners. French Foreign Minister Laurent Fabius said Europe must act to stem the migrant tragedy, adding that France and Italy have asked the subject be placed on the agenda of Tuesday's EU interior ministers' meeting.

The fishing boat carrying the migrants sank Thursday after passengers, panicked by flames set to draw attention, bolted to one side of the boat, capsizing it. THE ASSOCIATED PRESS

European partners

"The Mediterranean cannot remain a huge cemetery under the open skies."
French Foreign Minister Laurent Fabius

Italian and Eritrean migrant boys play football on Sunday where boats formerly used by immigrants arriving in Lampedusa, Italy, lie disused. The search for bodies continues off the Italian coast as the death toll of African migrants who drowned is expected to reach more than 300 people. TULLIO M. PUGLIA/GETTY IMAGES

Mexico. Monster truck hits crowd, killing eight

Spectators run from a monster truck as it plows through a crowd at a Mexican air show in Chihuahua, Mexico, on Saturday. THE ASSOCIATED PRESS

An out-of-control monster truck shot into a crowd of spectators at a Mexican air show, killing at least eight people and hurting 80 others, dozens seriously, officials said.

Carlos Gonzalez, spokesman for the Chihuahua state prosecutors' office, said the driver appeared to have lost control of the truck after leaping over a pile of cars it was crushing during a demonstration at the "Extreme Aeroshow" on Saturday.

Some witnesses said the driver appeared to have hit his head on the interior of the truck as he drove over the old cars, with at least two reporting seeing his helmet come off before the massive vehicle drove into the crowd of terrified spectators, who tried to flee.

"I fell over, and when I turned around I saw the tire very close. It hit me and threw me to the other side," Jesus Manuel Ibarra, 41, said as he was treated for injuries to his arm and hip.

Spectator Daniel Dominguez, 18, said he was happily watching the show with a group of relatives when the truck came down hard in the middle of the cars.

His 11-year-old sister was in surgery for injuries to her legs, and his mother was treated for minor contusions. THE ASSOCIATED PRESS

U.S. debt limit hike

Boehner says no

The United States moved closer to the possibility of the first-ever default on the government's debt Sunday as Speaker John Boehner adamantly ruled out a House vote on a straightforward bill to boost the borrowing authority without concessions from President Barack Obama.

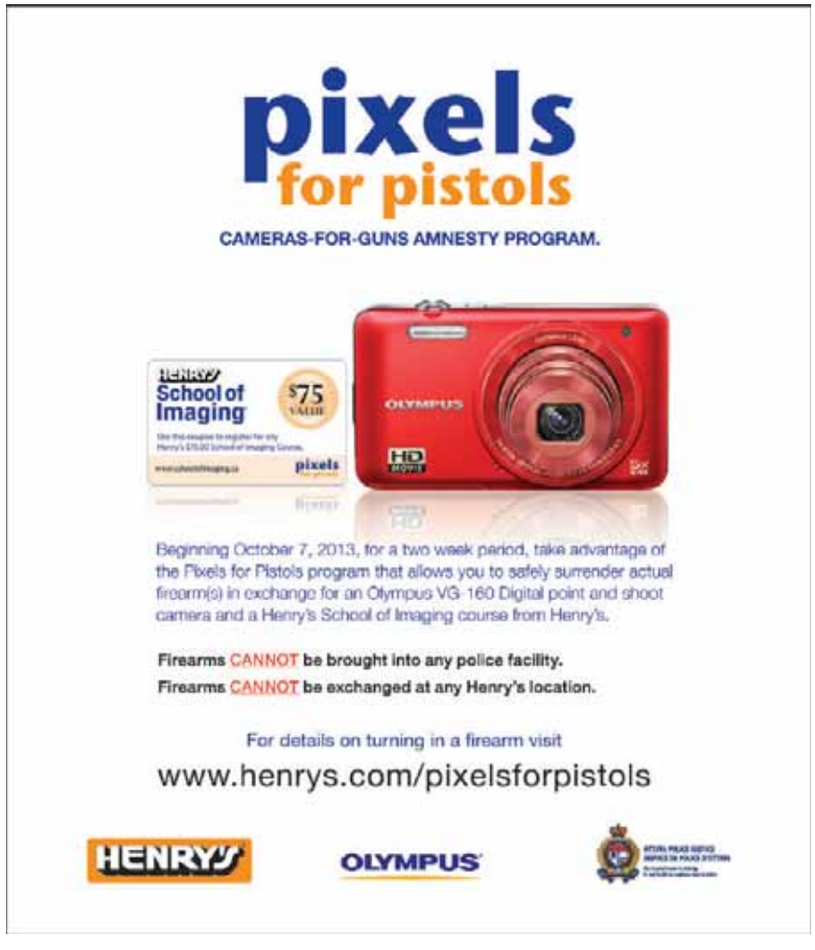
Treasury Secretary Jack Lew called on lawmakers to quickly pass legislation re-opening the government and a measure increasing the nation's $16.7 trillion debt limit. THE ASSOCIATED PRESS

Doctor's orders

President of Argentina to rest after brain injury

Doctors prescribed Argentinian President Cristina Fernandez a month's rest after finding blood on her brain from a head injury.

Leaving the campaign trail just three weeks before nationwide elections could prove politically risky. THE ASSOCIATED PRESS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UN. Fact-finder arrives in Canada to survey aboriginal concerns

A United Nations fact-finder is set to take stock of the plight of Aboriginal Peoples in Canada.

The UN has dispatched law professor James Anaya to speak to First Nations representatives and government officials as he drafts a report for the world body.

"The idea is to get a first-hand view of the situation of Aboriginal Peoples in Canada by hearing directly from as many as I can," he said.

As the UN's special rapporteur on indigenous rights, Anaya is responsible for promoting laws and policies that support indigenous peoples around the world. He will also look at their living conditions and issue reports and recommendations.

The rapporteur has no binding authority. Rather, he aims to shame governments into action by bringing unacceptable conditions to light.

The federal government will get a chance to respond to Anaya's findings before a final report is circulated and presented next year to the UN Human Rights Council.

The report will include recommendations for the federal government, First Nations and possibly other groups.

The nine-day trip — which begins Monday and ends Oct. 15 — will see Anaya visit both small rural communities and big cities. He will also spend time in Ottawa meeting federal representatives from several government departments and agencies.

James Anaya THE CANADIAN PRESS

One issue bound to come up in his discussions is resource development on First Nations land.

Without talking specifically about Canada, Anaya said companies and governments are starting to realize that major energy projects need the co-operation of First Nations.

"You see a clear trend toward greater awareness of the need for there to be consultation with indigenous peoples and agreements with indigenous peoples if resource extraction or development is going to take place within their territories."

THE CANADIAN PRESS

Street battles kill dozens in Egypt

National holiday. Festivities marred as security forces clash with Morsi supporters

Supporters of Egypt's ousted President Mohammed Morsi mourn their relatives killed during clashes with security forces in Cairo on Sunday. HASSAN AMMAR/THE ASSOCIATED PRESS

Clashes erupted across much of Egypt between security forces and supporters of the ousted president on Sunday, leaving at least 34 killed, as rival crowds of supporters of the military and backers of the Islamist Mohammed Morsi poured into streets around the country to mark a major holiday.

The clashes took place on the same day when, 40 years ago, Egyptian forces crossed the Suez Canal at the start of the nation's last war with Israel.

The day has since been declared a national holiday. The military-backed government had wanted the anniversary celebration to be a tribute to the armed forces, whose chief ousted the Islamist Mohammed Morsi in a popularly supported coup on July 3.

But demonstrations across Cairo and much of the country by Morsi's supporters marred the festivities. They and security forces fought pitched street battles for hours in several Cairo locations that now look like combat zones, with small fires burning, black smoke rising and the sound of gunshots piercing the air thick with tear gas.

In some cases, the pro-Morsi demonstrators were set upon by supporters of the military. Authorities said they had arrested 335 Morsi supporters nationwide.

The clashes were the last chapter in the turmoil roiling the country since the ouster in February 2011 of longtime ruler Hosni Mubarak and are certain to set back efforts by the government to revive the economy, especially the vital tourism sector, and bring order to the streets of Cairo, where crime and lawlessness have been rife.

The scene of the fighting contrasted sharply with a carnival-like mood in Cairo's central Tahrir Square, where thousands of supporters of the military waved Egyptian flags and blew whistles.

THE ASSOCIATED PRESS

Kidnapping

Convict faces dangerous offender hearing

Convicted sex offender Randal Hopley said at a sentencing hearing last year that he abducted a three-year-old from his home in an effort to get back at the justice system.

On Monday, the Crown plans to argue Hopley should never get that chance.

It was a kidnapping case that bordered on the miraculous when, two years ago, little Kienan Hebert was returned unharmed to his home just as mysteriously as he had disappeared several days earlier in September 2011.

A massive manhunt for the child's abductor ensued and several days later, Mounties arrested 47-year-old Hopley near the B.C.-Alberta border.

Hopley has consistently insisted that he never harmed the boy. He has a criminal history, including a sexual assault on a five-year-old boy in 1985 and an attempted abduction in 2007.

THE CANADIAN PRESS

Riots

Sudan latest Arab nation to feel heat from the street

In recent times Sudan has gone through two major civil wars, the loss of its rebellious southern oil region, and the indictment of its president for war crimes. Now, with its economy in disarray, it's the latest Arab country to be feeling heat from the street.

The crunch came with the government's elimination of the subsidies that had long sustained cheap prices for fuel and other basic needs. The near-doubling of prices that resulted set off a week of rioting beginning Sept. 22, in which at least 50 protesters are estimated to have died.

The government is overloaded with debt — estimated by the International Monetary Fund at $46 billion in 2013 — and unable to borrow from international lenders. Inflation has reached nearly 50 per cent in 2013, with the Sudanese pound weakening and foreign reserves down to $1.2 billion.

THE ASSOCIATED PRESS

PQ asks Russia to give clemency to activists

Quebec is wading into international waters, calling for clemency from the Russian government in the case of Greenpeace activists arrested during a protest last month.

Jean-Francois Lisee, the Parti Québécois government's minister of international relations, is asking for clemency in the case of a Quebec resident held in Russian prison.

The crew of the seized Greenpeace ship Arctic Sunrise includes Alexandre Paul of Montreal and Paul Ruzycki of Port Colborne, Ont. They could each face a 15-year prison term on charges of piracy.

Lisee said he's been in contact with Canada's consular services and is putting pressure on the federal government to do more.

He said he's hoping to meet with Foreign Affairs Minister John Baird in the coming days. "The legality of the arrest is questionable, and especially the charge of piracy, which carries a possibility of 15 years in prison, is clearly exaggerated," Lisee said in a speech late Saturday at a Montreal vigil.

Russia seized Arctic Sunrise after a protest at an oil drilling platform located in the Arctic circle, charging all 30 on board with piracy. THE CANADIAN PRESS

Piracy charges 'absurd': Greenpeace

Russia seized Arctic Sunrise after a Sept. 18 protest at a Gazprom oil drilling platform located in the Arctic circle, charging all 30 on the boat with piracy.

- Alexandre Paul's mother has urged the federal government to get more involved in the case.
- Nicole Paul said she found the charges against her 35-year-old son excessive, given that his goal was to raise awareness about environmental issues.
- Greenpeace denies any wrongdoing and describes the charges as absurd.
- On Saturday protests were held in a handful of Canadian cities as part of a day of action against the arrests.

Not so funny, actually

Culprit dubbed 'poopetrator' at a Yale college

Yale University hopes to solve a case of whodungit by identifying the stinker who has been soiling students' laundry by sticking human feces inside clothes dryers.

The culprit is being blamed for at least four incidents in the past month in the laundry room at Saybrook College. THE ASSOCIATED PRESS

Youthful adventurer

Nine-year-old stowaway flies to Vegas, no ticket

A nine-year-old Minneapolis boy was able to get through security and onto a plane at the Minneapolis-St. Paul International Airport without a ticket, an airport spokesman said Sunday.

Security screened the boy at the airport shortly after 10:30 a.m. Thursday, airport spokesman Patrick Hogan said. The boy then boarded a Delta flight that left for Las Vegas at 11:15 a.m.

The flight crew became suspicious and contacted police. THE ASSOCIATED PRESS

Relay to Sochi underway

Russian President Vladimir Putin smiles while ceremonially lighting the Olympic flame with a torch at Moscow's Red Square on Sunday. The four-month relay to Sochi for the Winter Games got off to a rocky start Sunday when one of the torches went out. The glitch occurred when a torch bearer ran through a long passageway leading into the Kremlin, which apparently created a wind tunnel, extinguishing the flame. A man standing along the route pulled out a lighter and the flame leaped back to life. Apparently the problem was that the valve on the torch was not fully open. IVAN SEKRETAREV/THE ASSOCIATED PRESS

New tack. Grocers aim for healthy bottom line by offering healthier options

After years of relentless price wars, Canadian supermarket chains are experimenting with fresh ideas to fend off a new competitive threat, food stores for the health conscious.

While U.S. retailers like Target and Walmart have grabbed much of the attention in Canada, another battle is being waged in the produce section, one of the few bastions of the food industry that hasn't been reduced to rock-bottom prices to attract customers.

"It's a very competitive market, no question about it," Sobeys president and CEO Marc Poulin said. "We continuously strive to give better pricing to our consumers ... but at the same time, price is not the only thing they're looking for in a supermarket."

THE CANADIAN PRESS

Tit for tat

- Sobeys has launched a partnership with British celebrity chef Jamie Oliver designed to encourage Canadians to eat healthier.
- Loblaw is following a similar approach with the launch of Nutshell Live Life Well, a health food test store that will open in downtown Toronto.

Supermarkets have been engaging in a price war for your food dollar. Now Sobeys CEO Marc Poulin, pictured, is trying a new strategy by offering a greater variety of healthy foods, such as vegetables. NATHAN DENETTE/THE CANADIAN PRESS

Malaysia's oil and gas co.

Harper greeted by $36B investment boost by Petronas

Prime Minister Stephen Harper arrived in Bali for an Asia-Pacific leaders' summit Sunday bearing what could be called a $36-billion vote of confidence from Malaysia's state-owned oil and gas company. Malaysian's prime minister said the country's state-owned oil and gas company Petronas has committed to construction of a liquid natural gas plant in British Columbia and the pipeline to feed it. THE CANADIAN PRESS

NOTICE TO CREDITORS

NOTICE TO CREDITORS AND HEIRS-AT-LAW in the Estate of **GIOVANNI DEL ZOTTO**, deceased. All persons having claims against the Estate of GIOVANNI DEL ZOTTO, late of the City of Ottawa, in the Province of Ontario, who died on or about July 30 2013, are hereby notified to send particulars of same to the undersigned on or before the 1st day of March, 2014 after which date the Estate will be distributed, having regard only to the claims of which the undersigned shall have notice and the undersigned will not be liable to any person of whose claim they shall not then have notice.

DATED at Ottawa this 23rd day of September, 2013.

EDWARD G. MANTHORP, Trustee for the Estate of
GIOVANNI DEL ZOTTO, by his solicitors, KELLY MANTHORP HEAPHY
Attention: Edward G. Manthorp
B0001 - 2323 Riverside Drive, Ottawa, Ontario K1H 8L5

Would you let Rogers know where you are for a bargain?

Thousands already have. Customers are sharing their location with the company in exchange for deals

When Aidan Nguyen was visiting Chicago last month he got 25 per cent off a meal simply by using the app Foursquare to "check-in" at a restaurant on his smartphone.

The self-described shopaholic said he's always looking for a good deal when he's out and often posts his location on his social networks.

Available for years in the United States and England, location-based mobile marketing is moving into Canada. This month, customers with Rogers Communications can sign up for text messages that will alert them to deals when they are near specific retailers.

Nguyen said he's willing to share his location in return for a deal.

"When you're walking around, then why not?" asked the 24-year-old Toronto public relations consultant. "If the offer is fitting for what I'm looking for, and it's a good promotion, I'll check it out."

Rogers said a few thousand people have already signed up for the option, which offers discounts at six retailers, including Rogers Wireless, Sears Canada, A&W Restaurants, The Second Cup Ltd., Future Shop and Pizza Hut. THE CANADIAN PRESS

Aidan Nguyen poses for a photograph using his smartphone app in Toronto. Rogers has launched a service where its customers can sign up and get texts with deals when they're near a participating business. NATHAN DENETTE/THE CANADIAN PRESS

What's next, mind meld?

"What geo-targeting is starting to get is context. Where you are matters, but what marketers really want is intent."

Grant Packard, a professor at the School of Business and Economics at Wilfrid Laurier University, on the pluses and minuses of location-based marketing.

Crocs going from swamps to dinner plates

Crocodiles were once so abundant along the salty rim of southern Jamaica that images of their toothy jaws and spiny armour crown the tropical island's coat of arms and are stenciled on the bumpers of military vehicles.

Now, the big reptiles are increasingly difficult to spot, and not just because they blend into swampy backgrounds. These days, a growing taste for crocodile meat and even eggs in Jamaica has conservationists worried that the reptiles might be wiped from the wild altogether, although they've been protected by law since 1971.

"I went from never hearing about anyone eating crocodile meat, much less crocodile eggs, to hearing about it all the time. There's just so much carnage going on," said Byron Wilson, a reptile specialist at Jamaica's University of the West Indies. Crocs have steadily reclaimed their range in Florida, their only U.S. habitat, after rebounding from the edge of extinction.

But experts believe the reptiles may be reaching a tipping point in economically struggling Jamaica.

THE ASSOCIATED PRESS

Unfortunately for two-year-old crocodile "Sylvester" he and his reptilian pals have become a popular menu item. Conservationists are worried crocs could be wiped out in Jamaica. DAVID MCFADDEN/THE ASSOCIATED PRESS

Enbridge's Line 9

Plan to reverse flow, increase capacity of pipeline challenged

Under fields, past homes and across waterways, a pipeline has run through one of Canada's most populous corridors for nearly four decades, quietly pumping oil between southern Ontario and Montreal.

While it hasn't generated much national attention in the past, Line 9 is now being thrust into the spotlight as the company that operates it seeks approval to reverse its flow and increase its capacity.

On one side of the debate that will take place before the National Energy Board in Montreal and Toronto this month is Calgary-based Enbridge Inc., — which insists safety is its top priority — and on the other are residents and environmentalists who suggest the project will put a number of communities at risk.

Opponents to the Line 9 reversal worry that Enbridge plans to run a heavier, and what they claim is a more corrosive kind of oil.

THE CANADIAN PRESS

Majority unemployed

Takes team effort to get mentally ill back to work: Report

Ninety per cent of Canadians with serious mental illnesses are unemployed due largely to prejudice about their conditions — a startling state of affairs that costs the Canadian economy an estimated $50 billion a year, according to a sweeping new report.

The Aspiring Workforce report, commissioned by the Mental Health Commission of Canada, delves into the challenges facing those Canadians, targeting all levels of government, businesses, policy-makers and the not-for-profit sector in addition to the attitudes of Canadians themselves towards those who suffer from mental illness.

Obtained by The Canadian Press, the report — conducted by the Centre for Addiction and Mental Health, the University of Toronto and Queen's University — recommends collaboration among all sectors to find work for mentally ill Canadians, many of whom have training and skills.

THE CANADIAN PRESS

INJECTION SITE DEBATE GETS PRICKLY

URBAN COMPASS

Steve Collins
ottawa@metronews.ca

A group hoping to open a supervised injection site for IV drug users in Ottawa held an open house last week. It featured a mock clinic set up to help "demystify" a concept — a safer, medically supervised place to shoot up — that gives a lot of people the creeps, especially when you tell them it's coming to their neighbourhood.

Indeed the most conspicuous element missing was the exact ingredient most likely to freak people out — addicts injecting drugs. Also notably absent were local politicians, who, when this uncomfortable subject comes up, can be relied upon to run the other way, stat.

Last year, a four-year study recommended supervised injection sites for both Toronto and Ottawa, the cities with the highest and second-highest rates of HIV infection, respectively, in the province.

Ontario Health Minister Deb Matthews, whose government helped fund the study, and Mayor Jim Watson, were quick to squelch any possibility of acting on these recommendations. Both also unpacked the canard that expert opinion on the effectiveness of these facilities is split.

That drives Dr. Mark Tyndall, head of the infectious disease unit at the Ottawa Hospital and a supporter of the Ottawa injection site, absolutely bonkers.

"People just shouldn't be allowed to say that, because it's like saying the world's flat," Tyndall fumed. "You have an ideological opinion about drug use and somehow you can undermine all the science by one statement that you think it's split. You will not find anybody who has researched this or anybody who works in the field that will tell you that there's controversy about the effectiveness of this."

Tyndall studied the effectiveness of Vancouver's Insite, which opened in 2003, and says the evidence is overwhelming: it prevented overdoses, reduces the spread of infectious disease, and got users into treatment. The Vancouver Police Department's initial concerns about increased crime in the area (fears echoed by Ottawa Chief Charles Bordeleau) proved unfounded and made them believers, too.

"I think we've made that case very loud and clear, but it seems to only take one random comment from a police officer that it'll turn this area into a war zone and all of a sudden there's a controversy about whether this works or not," Tyndall said.

What clearly isn't working is what we're doing now. Ottawa Public Health estimates on the number of injected drug users in Ottawa at 3,000 to 5,000, though they're notoriously hard to count.

Officially, Ottawa logged 38 overdose deaths last year. Tyndall cautions that's likely a low-ball. If you're using these drugs, that's unlikely to be your only health problem, and some overdose deaths may be attributed to other factors.

Emergency services deal with about three OD calls a day, and Tyndall also doubts that is the full picture, because once somebody calls an ambulance, the police show up and start asking questions.

At the Ottawa Hospital, he sees an emergency ward rich in IV casualties, many with serious bacterial infections from dirty needles to go with those dire rates of HIV and hepatitis C.

"I don't want to spend my time arguing with politicians or the police" Tyndall said, "but they need to be challenged on what's happening now."

ZOOM

Pass a thousand tonnes of salt

DIMITRI MESSINIS/THE ASSOCIATED PRESS

Abundance of salt in Greece is protected

Salt is collected at a production site in Messolonghi, western Greece. Salt lakes at Messolonghi are used for production by solar evaporation. The facilities are the largest salt works in Greece, and are located at a protected wetland complex of estuaries and lagoons. THE ASSOCIATED PRESS

In good taste

110,000

The Messolonghi production sites produce 110,000 tonnes of salt per year, which is enough to meet 40 per cent of Greece's needs.

Many European salt marshes have become exposed to industrial and agricultural pollutants, including pesticides and heavy metals. As a result, many of the marshes are protected under the EU's Habitats and Birds Directives.

Wheel traces are seen on a salt lake. DIMITRI MESSINIS/THE ASSOCIATED PRESS

WE ACT:
CANADA DOES GOOD

Young environmentalist stirs change in Calgary

Canadians across the nation are up to a whole lot of good. Here's one we'd like you to meet.

Who: Cassidy Robertson, 18, environmental go-to girl, (pictured on the left).

Where: Calgary, Alta.

What: Founded club.one.twenty, dedicated to making 120 community improvements and co-founded a local recycling plant.

Why: To reduce our ecological footprint by encouraging others to recycle, buy locally and respect nature.

What inspired you to get started? "I realized a lot of my peers didn't realize they could make a change. Our club has brought recycling bins into our school, cleaned up litter, and promoted Fresh Face Fridays, a day to empower young girls to come to school without makeup. As an advocacy campaign, I made my grad dress out of pop tabs and have hosted a workshop on conscious consumerism — bringing awareness to consumers and showing them how to make their own deodorant."

Do you have any advice for people passionate about an issue? "I would tell them to just jump in. If they are passionate about the environment they should volunteer at environmental organizations. You can learn a lot of things if you want to — I did that through volunteering."

What are your plans for the future? "Since graduation, I have co-founded Half Full Recycling Plant, where we turn plastic bottles into plastic pellets to get melted down into new plastic. I will also continue working as a youth co-ordinator at Empowering Minds, helping young people plan and execute their own projects and become leaders."

WE WANT TO HEAR FROM YOU:
Send us your comments: ottawaletters@metronews.ca

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SCENE 2

Warning! This has spoilers!

Entertainment etiquette. Do we have to censor ourselves for the slowpokes who haven't finished watching shows yet?

What's a viewer to do when shows like Orange is the New Black dump all their episodes at once? CONTRIBUTED

Rosebud is a sled.

So goes the ending of the 1941 Orson Welles classic Citizen Kane, spoilers be damned!

Revealing secret endings and plot twists has brought on wrath since the dawn of cinema, straight through VCRs to today's DVR-fuelled delays that led to much nail-biting over The Ending That Shall Not Be Spoiled on Breaking Bad.

But exactly what is the magic formula for spoiler grace? When do calls of SPOILER ALERT (insert index fingers in the ears here) expire so we can, maybe, not feel so constipated when discussing our favourite fare in real time?

Does the 13-episode Netflix dump of Orange is the New Black in July equal two months of polite spoiler-free behaviour? Are bets off when a show concludes, or does that depend on how many seasons late adopters would have to slowly, slowly slog through — say Dexter's eight to Breaking Bad's five?

Or is it up to the unspoiled viewer to avoid social media or catch up? Get it done, people!

"I think asking people not to spoil for some reasonable amount of time is fine, although anyone who actually takes it seriously, i.e., gets mad or upset in the event someone does, is an idiot," said technology analyst Melanie Turek in Steamboat Springs, Colo.

"But that 'reasonable' amount of time is, in my mind, about 48 hours after a live broadcast," she explained. "And once a series is off the air and the hype has died down, asking people not to spoil is just silly."

Others think keeping some things quiet — or at least warning our Facebook friends about potential spoilers — is what 21st-century etiquette might advise. At least that's what the ragers who decry spoilers on social media hope for.

Marketer Kim Puckett in Indianapolis thinks "we're all social-media-level entertainment reviewers now" so should respect our written-word audiences on newsfeeds like Twitter or in status updates on Facebook that aren't easy to escape.

"Unfortunately, specific status updates on key plot points might be banned forever," she said.

But in other contexts, Puckett said, "as soon as the show ends, office and social talk should be allowed about the show.

"How can we enjoy shows at a social level if we're always worried that someone is still on season one of The Killing or halfway through Sons of Anarchy?"

Justice is on the side of those who want to blab on Twitter or Facebook, according to Paul Levinson, a professor of communications and media studies at Fordham University and author of the book New New, Media.

The idea that "people have a right to be free of spoilers is absurd, and it's an absurd misuse of the term 'right,'" he said.

"You have a right to communicate," Levinson assured. "I don't think anyone is entitled to that kind of grace. If you feel like writing something you're entitled to write it as long it's not slanderous or libelous or breaking the law in some way. Why anyone would get into a rage about entertainment is beyond me."

He harkened back to buzz over The Crying Game and Dil's reveal as a transgender woman, along with The Sixth Sense and the Bruce Willis character being dead. And there was grumbling over spoiling the purgatory at the end of Lost, at a time when social media was well on its way to engulfing us, he said.

"If the ending is really atrocious, like Lost, then you're probably doing people a favour by letting them know," Levinson said.

Etiquette expert Lizzie Post of the Emily Post Institute sees no value in people "posting a million times, 'Don't spoil anything for me, don't spoil anything for me.'"

Walk away from Facebook, shut down Twitter if you have to, she said.

"If you're not living in the current season you have no claim. It's fine if you have a friend who's really into it and you want to say, 'Don't spoil it for me.' But you can't ask the world around you to completely bend."

THE ASSOCIATED PRESS

Too much censorship?

Has the quality of conversation been damaged by the call for spoiler-free discourse?

- "What we've lost is the ability to step back and assess what we've just seen," said Danny Glover, who is in marketing and pays close attention to social media. "I think overall the live conversation is valuable."
- Judith Martin, who writes the Miss Manners columns and books, also believes the burden falls mostly on the person holding out for the surprise. "But if the story is really good, it shouldn't make that much difference," she said. "I still enjoy re-reading Moby-Dick and The Golden Bowl, even though I know perfectly well what is going to happen."

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Morgan Saylor stars in Homeland. CONTRIBUTED

The drama has just begun for Homeland's Dana Brody

Troubled times.
Actress Morgan Saylor says her character will be facing even more trouble in the new season

MEREDITH ENGEL
Metro World News in New York

Morgan Saylor is cheery when we get her on the phone, which, we have to admit, surprises us a little, given the fact that when we saw her character last week, she had (spoiler alert!) tried to kill herself.

"I'm not as depressed in real life," says the 18-year-old, who plays Dana Brody on Homeland. As the daughter of is-he-or-isn't-he alleged terrorist Nicholas Brody on the runaway Showtime hit, Saylor's character has undergone a lot in the past two seasons: allegations against her father, an accidental hit-and-run, the death of her boyfriend and, as we saw last week, a stint in rehab for a suicide attempt. And according to Saylor, the drama's only just begun.

Now in its third season, the show — which has won six Emmys and five Golden Globes in the two years it's been on — is dealing with the aftermath of a deadly explosion that left many supporting characters dead in the season two finale. Saylor says she was just as riveted by that episode as fans were.

"I remember reading it and freaking out," she says. "I really, really did. I thought it was such a brilliant script. I remember I texted Morena (Baccarin), who plays my mom, and I was like, 'We are on the best show on TV,' because I was so amazed by this script. And she texted back, 'Are you drunk?' She thought I was just being weird and nostalgic."

Saylor doesn't offer too many hints into what we can expect in this new season — which she calls "really, really intense." She's about 10 episodes ahead of the general public and coyly tells us, "It's finally all spreading out. It's very exciting."

But back to the present: This season, she says, the characters will be "picking up the pieces that were left after the explosion," an incident that was "especially hard on Dana."

This Sunday's episode focuses heavily on her character, as Dana juggles new experiences of heartache, loss, love and lust.

"She needs someone who understands what she's (going through)," Saylor says of her new beau, played by Dexter alum Sam Underwood. "As if being a teenager isn't enough!"

When Homeland heroine Claire Danes took home the best actress in a drama Emmy this year for her work as bipolar CIA agent Carrie Mathison, the cast joined Danes in celebrating after the awards, Saylor tells us.

"We all went to the Governors Ball. We scarfed down some food, which was nice. Then I went to an after-party. It was fun. It's always fun to hang out with everybody because I don't work that much with Damian or Claire, so it's a fun atmosphere to hang out with the gang."

The young star is content to keep as normal of a life as possible when she's not filming. She went to her prom this year and plans to study math at the University of Chicago, which she'll attend starting next September. (She deferred a year.)

But juggling the show with her regular life means she's had to sacrifice a lot of sleep.

"The very first day of shooting this year, I had to work super long hours; it was exhausting," she says.

As Saylor would say: "As if being a teenager isn't enough!"

In Canada, Homeland airs Wednesdays on Bravo.

Call me new age

Not Mr. Keaton.
Michael Gross joins the cast of Call Me Fitz as Pat Childs, a serene Steve Jobs type salesman

Michael Gross is a smarmy new-age salesman in Call Me Fitz. CONTRIBUTED

Wholesome TV dad Michael Gross is cutting ties with his beloved '80s image in a multi-episode guest spot for the raunchy Canuck comedy Call Me Fitz.

The former Family Ties star joins the cast this fall as a mysterious business rival to foul-mouthed used car salesman Richard (Fitz) Fitzpatrick, played by Jason Priestley, and the Fitzpatrick clan patriarch Ken, played by Peter MacNeill.

The amiable actor admits the fishy new-age salesman he plays — inspired in part by the serene charisma of the late Steve Jobs — is a far cry from the good-natured Steven Keaton he became famous for in the '80s.

"They decided this faux-guru-like man would be fun for me to do and so they made the offer and I read it and they sent some DVDs of the show and I thought, 'My God, what is this?'" Gross chuckles in a recent phone call while travelling just outside Los Angeles.

"It was so fascinating and different."

The degenerate Fitzpatrick clan is as morally bereft as ever in season four, which this time revolves around the arrival of Fitz's baby.

Forced to care for the child, Fitz ends up moving in with his boozy mom Elaine while Larry, Fitz's conscience, decides it's time to investigate the family's twisted history of dysfunction.

Gross turns up several episodes in as the bizarre entrepreneur Pat Childs, a man Gross admits some people might consider "kind of smarmy" but who is not without some appeal.

"I'm an advocate of this man. I would call the entire Fitz family smarmy, you know. (Pat is) a bit of a con man but I think in some ways his ends are somewhat decent, but the means he uses may be a little questionable," he says, reluctant to reveal too much about the character.

"There's interesting things that happen in subsequent episodes but he truly believes he belongs there and has something to contribute to these people."

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop Goes The Week

It's wall good for Bieber in China and Lohan has parents banned

STARGAZING
Malene Arpe
scene@metronews.ca

While visiting China this week, Justin Bieber got carried up the Great Wall by his bodyguards. Before you get super-upset and start calling him an entitled brat, let's all remember that at least it's not as bad as the time when he made his entourage put him on a box so that he'd appear tall enough to ride the roller-coaster.

Michael Lohan and Dina Lohan are banned from the set of daughter Lindsay Lohan's reality show. That's a fantastic idea and it proves that Oprah's OWN really is in the business of caring. Except about ratings.

A sad week for science. A) Breaking Bad is over forever. B) Due to the U.S. government shut-down, most of NASA's activities are brought to a halt. C) Bill Nye is voted off Dancing with the Stars. D) Cher insists that ex-husband Sonny's ghost visits her and occasionally pulls a prank on her.

A new cellphone game will feature Vladimir Putin fighting an army of zombies. No, it's not called The Walking Red.

Katy Perry says that boyfriend John Mayer is "literally a genius." If that's true you'd imagine he'd be able to teach her the correct use of "literally."

Apple has now passed Coca-Cola as the most valuable brand. And yet, in a game of Rock, Apple, Big Vat of Coca-Cola, Coca-Cola kills your iPhone every time.

Sinead O'Connor. ALL IMAGES GETTY

O'Connor switches focus to Cowell and laments the 'murder of rock 'n' roll'

Sinead O'Connor appears to be moving on from Miley Cyrus — to Simon Cowell. "I feel sorry for the murder of music and rock 'n' roll, which has happened because of the industry, because of Simon Cowell, Louis Walsh. It all amounts to the murder of music," she said in an interview with Ireland's Late Late Show recently.

"The power of rock 'n' roll to change things, to move people, is being murdered by all this worship of fame — Pop Idol, X Factor, all this stuff. What I'm worried about is it's all about the visual, the pyrotechnics, the tits out, shake your ass. It's not about the song. That to me is quite sad."

Twitter

@lenadunham
Started calling things "gaymazing" as a joke but pretty soon I was saying gaymazing all the time. I have no room for irony in my life.

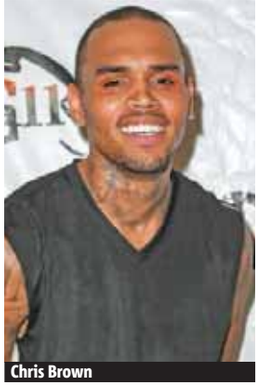
@TheRealRosanne
the armageddonites are now trying to trick us all into believing that aliens are on the way.

@pattonoswalt
I need the e-cig equivalent for Cheetos.

Olivier Martinez and Halle Berry

New baby boy for Berry

Halle Berry and husband Olivier Martinez are celebrating a new arrival, as the Oscar-winning actress reportedly gave birth to the couple's first child, a son, in Los Angeles this weekend, according to E! News. This is Berry's second child, after her five-year-old daughter, Nahla, with ex-boyfriend Gabriel Aubry. Martinez confirmed the baby's gender back in June, telling People magazine, "I remain a Frenchman in America, but I adapt to American culture. I feel good there, but I'm still a foreigner. My son will be an American, but I will remain French."



Chris Brown

Doing it at eight will make you great, boasts Brown

Chris Brown claims that he lost his virginity at the tender age of eight with a girl who was 14 or 15. "It's different in the country," he tells the Guardian. "By that point, we were already kind of like hot to trot, you know what I'm saying? Like, girls, we weren't afraid to talk to them. I wasn't afraid. So at eight, being able to do it, it kind of preps you for the long run, so you can be a beast at it. You can be the best at it."

Hotel lunch

Put the iron to use

Travelling with your family? Here's a nutritious and inexpensive lunch that you can prepare in your hotel room.

Buy one roll of tin foil, some sliced, whole wheat bread, two green apples, and a package of sliced cheese. Layer cheese and apple slices between two slices of bread and wrap each sandwich in tin foil.

The secret ingredient is the iron in your hotel room!

Press the heated iron on each sandwich for one minute and unwrap. Presto! Fabulous grilled cheese sandwiches for a fraction of what you'd spend in a restaurant. **EVELYN HANNON/ YUMMYMUMMYCLUB.CA**

An apple a day

Rubber band trick

Sending an apple in your children's lunch boxes but want the slices to stay fresh and un-browned?

Simply cut an apple into sections, re-assemble it back into a "whole" apple again, and use an elastic band to keep the whole thing together.

It's like it had never been cut—and there are no exposed parts to turn brown.

Brilliant and healthy! **LEAH LEITCH/YUMMYMUMMYCLUB.CA**

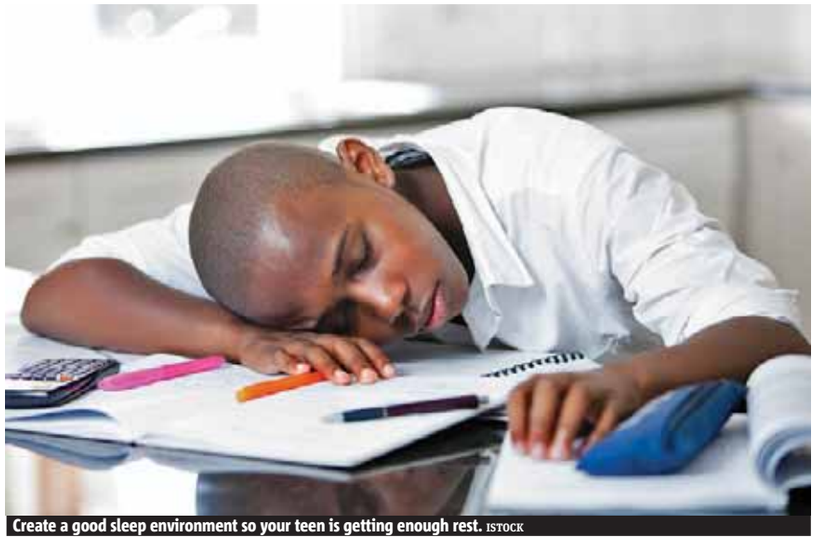
Exclusively online

Mommy lives in fear of the common cold. Find out why with exclusive Metro content from Lyranda Martin Evans and Fiona Stevenson, authors of the bestselling book Reasons Mommy Drinks, at metronews.ca/voices. Join the laughs on Twitter @mommyreasons

Mr. Sandman, bring my teen a dream — a nine-hour one

Tips. Help your teen have sweet dreams

ANDREA NAIR
yummymummyclub.ca



Create a good sleep environment so your teen is getting enough rest. ISTOCK

When parents bring teenagers to me for psychotherapy, one of the first things I ask about during the initial interview is the amount and quality of their sleep. I do this because I have learned that the majority of the teens I see are chronically sleep deprived, and this compromised state is wreaking havoc on their emotional stability, behaviour, patience and ability to focus. Their relationships, school marks, and health are suffering. Toddlers aren't the only ones who get cranky when tired.

Recent studies identified that teens are sleeping fewer hours as compared to 20 years ago, and showed that 60 per cent of teens will keep their cellphones in their rooms and respond to a text a night.

What does this mean for parents? It is critical that we be the keepers of our teens' sleep.

Here are four suggestions to help your teen sleep better:

Consistent sleep routine
Sleep routines are not just for little ones. Having regular lights-out and get-up times helps with good sleep hygiene.

Peaceful sleep environment
Consider things you can do to foster a good sleep space. Have the temperature in the home lower at night, remove as much clutter from the sleeping space as you can, keep the lights low and noise off. Many families find having white-noise machines in the hallways do help improve sleep.

Remove and turn off all mobile devices at night
Establish a time when all members of the family will turn their mobile devices off (studies suggest at least an hour before bedtime is optimal) and remove them from the bedroom. In the case where a cellphone has to be kept on as an emergency contact source, put the phone as far away from the bed as you can. Some families have a "device bin" where all mobile electronics get placed at night for safekeeping. Another suggestion is to have all the devices in a central area like the kitchen, plugged in and recharging. Turn off the Internet connection at night. Many new devices like iPods do have messaging functions, and teens will chat with their friends through wi-fi/wired Internet even if they don't have 3G/4G capabilities on the device.

Be the exhaustion police
Many teens have very little down time between classes, sports, activities, friends, and homework. Talk to your teen about his or her schedule and make sure there is space for rest and fun. **YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE THAT HELPS BUSY WOMEN SURVIVE MOTHERHOOD**

Sleep quiz

- **How many hour of sleep do teens need to function properly and for good health?** Answer: 9
- **What is the number of hours of sleep most teens actually get?** Answer: 7
- **Why are most teens sleep deprived?** They have mobile devices/ laptops and computers in their rooms overnight.

Moms can't resist that baby-fresh scent. GETTY

Baby, you smell better than steak

Oh, the smell. How I miss that newborn freshness, so delicious and intoxicating.

Our baby is still yummy, of course (the oodles of photos in which I appear to be nibbling on him is certainly evidence of that). However, a recent study out of Germany has found that when moms inhale a newborn's scent, they may get the same satisfaction that a hungry person experiences from having their appetite satiated.

Yes, similar to the effects of enjoying a great steak, the study found that the reward centre of a mom's brain is ignited when she gets a whiff of a newborn baby.

"What we have shown for the first time is that the odour of newborns … activates the neurological reward circuit in mothers.

"These circuits may especially be activated when you eat while being very hungry, but also in a craving addict receiving his drug," said Johannes Frasnelli, a psychology researcher at the University of Montreal, said in a statement. "It is in fact the sating of desire."

So ladies, if you've ever wondered why you have the sudden urge to gobble up your little bundle of joy — those irresistibly squishy legs and arms — well it may just be because they smell so darn good.

TANYA ENBERG/ YUMMYMUMMYCLUB.CA

Series aims to keep dropouts in school

Television. A six-part show brings celebrities such as Suze Orman, Oliver Stone and Swizz Beatz in as professors for at-risk students

ALISON BOWEN
Metro World News in New York

Swizz Beatz works with at-risk students in Dream School, a new Sundance Channel documentary series. JC DHEIN/SUNDANCE CHANNEL

Students are starting a new school year, and one of educators' biggest challenges is keeping them there — and hopefully funnelling them toward college.

A new documentary series, the Sundance Channel's Dream School, highlights what is being called a dropout crisis. The six-part series premieres Monday night and follows students as they learn from an array of celebrities, from musician and producer Swizz Beatz to financial guru Suze Orman and director Oliver Stone.

The 15 Los Angeles students, all ages 17 to 18 — a pivotal age at which students traditionally decide to drop out or stay in school — were either expelled or had dropped out, and each professor tries to spark their interest.

We spoke with Steven Keller, a California superintendent involved with the series, about how the students reacted to their unusual educational atmosphere.

What are some of the challenges of keeping kids in school?

First of all, family engagement. Moms, dads, uncles, aunts, grandmothers, grandfathers need to hunker down with their family members and engage their family members. As a family and as a country, we need to take ownership of each and every kid to really push them and motivate them to get to school each day and check in on them when they get home from school, make sure they have some accountability when the kids get home, whether a potential dropout or not.

The second piece, of course, is funding. There needs to be more funding specifically for kids that are earmarked as potential dropouts. We as educators need to look at restructuring and reforming how we serve this population. And then the last piece is, we as educators need to assess what works and what doesn't work and adjust and make changes and reflect on our practice. So there are certainly three layers to it that play into this.

What are some of the reasons students give for dropping out?

"My parents, my brother, my mom and dad, don't go to college, and they're doing fine." Usually the excuse a child will give — a student will give — is not reaping the monetary benefits, that they know plenty of people who didn't go to college and didn't necessarily graduate who are making plenty of money. ... (But) we know plenty of people who make a lot of money who are miserable, absolutely miserable in their lives.

Did anything surprise you in making this documentary?

I think the celebrity teachers genuinely wanted to connect with the kids. All of them really do. They were nervous, even scared. They would constantly ask for feedback. I'm not saying they all performed brilliantly, I'm just saying they all took their craft seriously. ... No one showed up thinking they were going to wing it.

What different types of styles did students respond to?

Suze Orman came in with business to make. She was ready to go, she was not going to play any games. You'll have to see. The students clearly respond to that style.

What do you think could most help students who can't participate in something like Dream School?

I think the most powerful message for potential dropouts is, find that person in your life, whether it's a friend who's achieving academically, family member. ...Seek out an adult, it doesn't mean it has to be a millionaire or somebody who has a great job, but somebody you admire, somebody you respect, somebody who does want to better him or herself, somebody who is basically hungry, who wants to move ahead and not just to have a new car or a new house but who really wants to change the world and make it a better place. Everybody knows somebody.

Signs to look for

What are some of the symptoms of someone who might be at risk of dropping out?

- "A lot of people look at traditional data," says Stephen Keller, a California school superintendent involved with Dream School. "On the other hand, we look at other factors. We look into attendance. We actually look at social emotional assessment with kids, to find out how engaged they are at school. Do the students feel a sense of purpose at school? (Does each student) feel he or she can express his or her opinion in class and to a school educator? Those indicators tell you a lot."

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Want to speak a foreign language? Turn on Skype and start chatting away

Distance learning. Conversing via web video is 'amazingly similar to a one-on-one class,' says the founder of Live Lingua

NATALIE SHURE
Metro World News in New York

Skype is the newest platform for foreign-language education. GETTY IMAGES

Skype has already revolutionized the way more than 50 million registered users communicate with faraway friends and family. Now, the web-based video-calling platform may be poised to overhaul foreign language education as well, eliminating barriers like location, money and time.

Ray Blakney started Live Lingua, one of the world's top Skype-based foreign language immersion schools, in 2008.

While learning Spanish through the immersion method in the Peace Corps in Mexico, Blakney came to understand the importance of practising conversation skills with native speakers — and Skype helps learners connect with such speakers.

"It's amazingly similar to a one-on-one class," Blakney says. "It really feels like you're sitting there talking to these people. You don't have to sacrifice that much."

Live Lingua offers several languages and dialects, and most students are taught spoken communication. Instructors can diagnose their needs as they go. Most students start with at least some spoken proficiency — including Blakney himself, who is brushing up his rusty Turkish with Live Lingua.

For students whose focus is more on grammar, reading or writing, Skype coursework does have its limitations. Joseph Miranda, founder of NoteFull, started his company to prepare students for the TOEFL exam. TOEFL is an advanced English proficiency test required for non-native speakers to study or practise in the U.S. NoteFull uses Skype for tutoring sessions, but relies primarily on other web teaching materials.

Liliana Novikova, a multilingual foreign language teacher based in Ukraine, agrees that Skype lessons are best for non-beginners. For them, teachers prefer a textbook they can point to, or to draw pictures and examples. And at any level, lessons can be sabotaged by spotty Internet connections. "It's rarely infallible," Novikova says. "Most classes are interrupted at least once."

Despite Skype's shortcomings, Novikova is still pleased to connect with students she otherwise couldn't. "It offers complete geographical freedom. But students and teachers still feel connected to each other, and they can achieve almost the same progress as they would face-to-face."

Limitations of Skype

- "Skype doesn't lend itself to presenting information," says Joseph Miranda, founder of NoteFull. "Coupled with a website, then it becomes effective. For writing, you'd be texting back and forth."
- Still, it offers major scheduling advantages for busy adults: "Skype is on 24 hours a day, seven days a week," he said. "So it lends itself to flexibility."

Quoted

"It offers complete geographical freedom. But students and teachers still feel connected to each other, and they can achieve almost the same progress as they would face-to-face."

Liliana Novikova, a multilingual foreign language teacher based in Ukraine

'Round the world wisdom

Facing adversity? Invent a purpose

The severe market crash of October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June 2009, followed by the Atacama Crossing in Chile in 2010, and the Sahara Race in Egypt in 2011. In this post, I share a lesson about life, learned from the desert.

LESSONS FROM THE DESERT
Stefan Danis
life@metronews.ca

Signing up for a desert race was my way of creating a positive challenge for myself, one I could then use as a tool to tackle other obstacles. I was so determined to complete the desert race that I committed to raising $25,000 for a charitable cause close to my heart.

But as the long hours of a brutal training schedule took their toll, I fell prey to the law of diminishing intentions. With mounting pain that ultimately culminated in injury, I had to make countless visits to health-care practitioners. My resolve weakened. Seeing my goal slip away, I decided I had enough and called it quits.

The next day I received a large and unexpected sponsorship donation. It was like a slap in the face — and it re-ignited my commitment to the project.

Once in the desert, I started blogging to raise much-needed funds for the charity. The blog posts caused a sea of supportive emails from family, friends and strangers back home. Every time pain hit and I contemplated quitting, I focused on those emails and found the strength to continue on.

Having a cause helped tether my actions to a higher purpose. Like running, most of life's activities can be solitary; running for others is not. When you face adversity, invent a purpose and grow your own wings.

STEFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

Tying your actions to a cause can keep you motivated when you encounter a discouraging situation. GETTY IMAGES

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Healthy eating

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You know when you get that mid-day craving for a snack? Be careful what sweet treat you reach for because you may be biting into high calories and lots of fat.

Starbucks Outrageous Oatmeal

360 calories / 15 g fat
Oatmeal in cookies is rarely healthy. Sugar and butter make up most of this cookie.

Equivalent

One Starbucks Outrageous Oatmeal cookie is equal in fat to eight low-fat vanilla yogurts with berries.

Bubbies Cinnamon Crunch Biscotti

170 calories / 1 g fat
This delicious cinnamon biscotti is made with little fat and sugar and is a nutritionally better treat.

Put a pep in your step and some peppers in your oven

ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

This recipe serves four. ROSE REISMAN

1. Preheat oven to 375 F. Line baking sheet with foil; lightly coat with cooking spray.

Ingredients

- 2 cups beef (or chicken) stock
- 1/2 cup brown rice
- 2 tsp vegetable oil
- 1 cup diced onion
- 1 cup canned corn, drained
- 1/2 lb lean ground beef
- 1 1/2 cups canned red kidney beans, drained and rinsed
- 1 1/2 tsp chili powder
- 1/2 each tsp dried basil and ground cumin
- pinch of salt and pepper
- 1/2 cup medium salsa
- 3/4 cup shredded aged cheddar cheese
- 1/3 cup low-fat sour cream
- 1/3 cup chopped parsley
- 4 medium bell peppers

2. In saucepan, bring stock and rice to boil. Reduce heat to low, then cover and simmer 25 minutes or until the rice is tender. Drain any excess stock.

3. Lightly coat saucepan with cooking spray, add oil and set over medium-high heat. Add onion and sauté 3 minutes. Add corn and sauté another 5 minutes or until corn starts to brown. Add ground beef and sauté until no longer pink, about 3 minutes.

4. Add cooked rice, beans, chili powder, basil, cumin, salt, pepper and salsa and cook for 1 minute. Remove from heat and add 1/2 cup of cheese, along with sour cream and parsley.

5. Carefully remove and discard the top from each of the peppers. Remove the ribs and seeds and discard. Place the peppers on the baking sheet and fill them with the beef stuffing. Bake for 25 minutes.

6. Sprinkle with remaining cheese. Bake 2 minutes or just until the cheese melts.

Correction

Thursday's Metro contained ingredient errors in the Sweet Potato Mac and Cheese recipe. The recipe calls for 1/4 cup (60 ml) butter and 1/2 cup (125 ml) grated Parmesan cheese.

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18310

Cultural mash-up chili

A robust chili that's on the table in just 30 minutes? Thanks to a blending of Hispanic and Asian flavours, it's easy.

Start with the base of an average turkey chili — some onions, jalapenos, garlic, ground turkey and white beans. Nothing unexpected there. But all those basics get a serious flavour boost from an unexpected ingredient — sweet white miso. It's the same stuff used in the soup you slurp at the sushi bar.

Turkey and Corn Chili with Sweet White Miso

This recipe serves eight. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 2 tbsp canola oil
- 1 large yellow onion, diced
- 1 to 2 jalapeno chilies, finely chopped (for less heat, discard the inner ribs and seeds)
- 4 cloves garlic, minced
- 1 tsp ground cumin
- 2 1/2 lbs (40 oz) lean ground turkey
- 15-oz can white kidney or navy beans, drained
- 1 quart low-sodium chicken broth
- 1/2 cup sweet white miso
- 6 ears corn, husks and silk removed (or 3 cups frozen corn kernels, thawed)
- Salt and ground black pepper
- 2 limes, cut into wedges, to serve
- Chopped fresh cilantro, to serve

Miso is an underappreciated ingredient. It effortlessly amps the savoury-salty flavour of anything it touches, particularly in wet rubs and other sauces for meat. In this recipe, it replicates in just minutes a depth of flavour you'd normally need a long simmer to attain.

And don't be put off by the "sweet" in the name. Sweet white miso isn't really sweet, just milder than darker miso.

1. In a large saucepan over medium-high, heat the oil. Add the onion, chilies, garlic and cumin, then sauté until the onion is just starting to brown, about 8 minutes. Add the turkey and sauté, breaking up any large clumps, until browned, about 10 to 12 minutes. Add the kidney beans, chicken broth and miso. Bring to a simmer, stirring often to dissolve the miso, then cook for 5 minutes.

2. Meanwhile, one at a time stand each ear of corn on its wide end. Use a serrated knife to saw down the length of the cob to remove the corn kernels. Add the corn to the chili, then return to a simmer and cook for another 5 minutes. Season with salt and pepper. Serve with lime wedges and cilantro.

THE ASSOCIATED PRESS

Golf

Ailing Tiger leads U.S. to Presidents Cup victory

The Presidents Cup ended Sunday the same way it always goes — an American celebration after Tiger Woods delivered the winning point.

Woods' back flared up on him again in the final hour at Muirfield Village. He still managed to hang on to beat Richard Sterne, 1 up, to give the Americans the 18 points they needed to win the Presidents Cup for the fifth straight time.

THE ASSOCIATED PRESS

Tiger Woods on Sunday in Dublin, Ohio. GETTY IMAGES

Speed skating

Canadian men win gold, women bronze in Seoul

Canada won medals in both men's and women's relays on Sunday at a World Cup of short-track speedskating event.

The men's team of Michael Gilday, Charles Hamelin, Francois Hamelin and Olivier Jean took gold in the 5,000-metre relay and Jessica Gregg, Valerie Maltais, Marianne St-Gelais and Jessica Hewitt won bronze in the women's 3,000-metre relay. THE ASSOCIATED PRESS

Josh Harrison scores the go-ahead run in the Pirates' 5-3 victory over the Cardinals on Sunday in Pittsburgh. JUSTIN K. ALLER/GETTY IMAGES

Bucs waving their flag on high seas

NLDS. Cardinals on the brink of elimination as Pirates take 2-1 lead

Game 3

5	3
Pirates	Cardinals

Pedro Alvarez and the Pirates kept that Jolly Roger flapping high above Pittsburgh.

Alvarez hit a tiebreaking single in the eighth inning and the Pirates beat the St. Louis Cardinals 5-3 on Sunday to take a 2-1 lead in best-of-five NL division series.

Alvarez pulled a grounder into right field that scored pinch-runner Josh Harrison from second base. Russell Martin followed with a sharp RBI single against reliever Kevin Siegrist, who took over after Carlos Martinez (0-1) faltered.

The go-ahead single was the latest big hit by Alvarez. He homered in the first two games of the series and is 4-for-10 with four RBIs.

Alvarez also kept the Pirates' famous flag flying high in October. "Raise the Jolly Roger!" is the rallying cry for this wild-card team, now one victory from its first post-season series win since the 1979 World Series.

Mark Melancon (1-0) picked up the win despite allowing Carlos Beltran's tying home run in the top of the eighth. Jason Grilli worked the ninth for a save.

Charlie Morton is set to start for the Pirates in Game 4 on Monday against rookie Michael Wacha.

Beltran finished 2-for-3 with three RBIs. His 16th post-season home run moved him past Babe Ruth for eighth place in post-season history.

Beltran's shot temporarily silenced a rocking crowd at PNC Park. It also set the stage for another dramatic win by the Pirates.

Andrew McCutchen led off the eighth with his second hit, a double to left. But the NL MVP candidate unwisely tried to advance on Justin Morneau's grounder to shortstop and was an easy out at third.

Harrison ran for Morneau and moved up when Marlon Byrd walked.

THE ASSOCIATED PRESS

Senators pay for uneven play in Toronto

Leafs forward Mason Raymond spins to score a shootout goal on Craig Anderson on Saturday night in Toronto. MARK BLINCH/THE CANADIAN PRESS

The Ottawa Senators knew they had some kinks to work out after their season-opening victory.

After blowing a two-goal lead in a 5-4 shootout loss to the Toronto Maple Leafs on Saturday night, it's clear they aren't close to being done with that process. The kind of loose play in all zones coupled with turnovers that didn't kill them a day earlier against the Sabres because of goaltender Craig Anderson's stellar performance doomed the Senators this time.

"Still the same issues we had (Friday) night in Buffalo, we had similar ones tonight and we can't keep playing that way and expect to have success," coach Paul MacLean said Saturday.

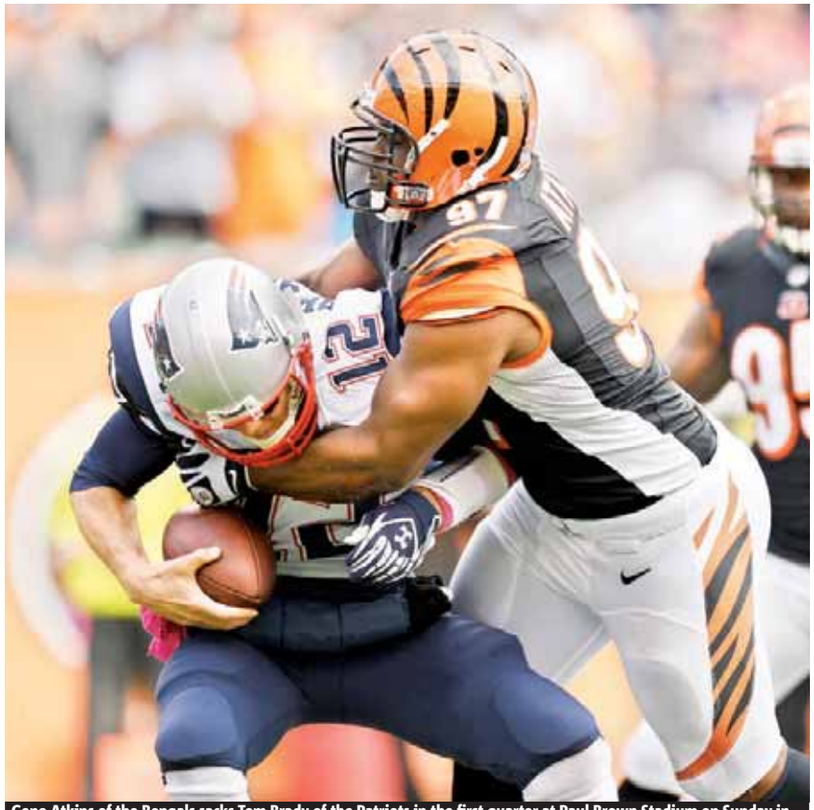
MacLean wondered Friday night about several of his players "playing for both teams" due to giveaways. He wasn't as pointed in his criticism following the loss to the Leafs, but this time the mistakes showed up on the scoreboard.

It was all too clear what went wrong.

"We just have breakdowns," captain Jason Spezza said. "Our game's got to be tighter, I think."

Penalties were at the root of the Sens' downfall. They had a 2-1 lead late in the first when Erik Karlsson was called for tripping and then Zack Smith for slashing, leading to Nazem Kadri's power-play goal.

Ottawa turned up the offence in the second on goals by defenceman Jared Cowen and Spezza. But Spezza's hooking penalty paved the way for Joffrey Lupul's goal with 17 seconds left before intermission. THE CANADIAN PRESS



Geno Atkins of the Bengals sacks Tom Brady of the Patriots in the first quarter at Paul Brown Stadium on Sunday in Cincinnati. The Bengals won 13-6, giving the Patriots their first lost this season. JAMIE SABAU/GETTY IMAGES

Patriots' Brady left to fend for himself on sloppy Sunday

NFL. Dropped balls, ferocious D and wet weather end win streak

Tom Brady's touchdown streak was done. So was New England's perfect start.

After figuring out ways to get by with a depleted roster for the first four weeks of the season, the Patriots ran into a defence that's gotten a reputation for taking down the best. And Brady had no solutions this time.

The Bengals ended Brady's streak of 52 consecutive games with a touchdown pass on Sunday, sacking him on his first pass attempt and keeping the pressure going in a 13-6 victory over previously unbeaten New England.

"It was just a poor performance all around," Brady said.

Not just poor: One of their worst in years.

Geno Atkins sacked Brady on his first pass attempt, and the Bengals (3-2) dropped him four times overall.

And that wasn't all: New England (4-1) failed to get into the end zone after a first-and-goal from the 1-yard line in the fourth quarter.

"We had too many silly execution errors and mental mistakes today," Brady said. "It is hard to drive the ball down the field if you keep making those mistakes."

The Patriots were held out of the end zone for the first time since a 16-9 loss to the Jets on Sept. 20, 2009.

"I'm bummed that we lost," Brady said of his broken streak. THE ASSOCIATED PRESS

Around the league

- **Colts 34, Seahawks 28.** Andrew Luck threw two TD passes and Donald Brown scored the go-ahead TD to lead the Indianapolis Colts past the Seattle Seahawks.
- **Saints 26, Bears 18.** Drew Brees threw two TD passes, Jimmy Graham tied an NFL record with another 100-yard game and the New Orleans Saints remain unbeaten.
- **Packers 22, Lions 9.** James Jones caught a long touchdown pass from Aaron Rodgers, and the Packers defence contained the undermanned Lions.

China Open

Djokovic, Williams triumph in finals

Having lost his top ranking to Rafael Nadal, Novak Djokovic showed he can still compete with the Spaniard one-on-one.

A day after Nadal made sure of wresting the No. 1 ranking away from Djokovic, the Serb gained some consolation by beating his rival 6-3, 6-4 Sunday to claim his fourth China Open title in five years.

In the women's final, top-ranked American Serena Williams maintained her dominant form, beating Jelena Jankovic of Serbia 6-2, 6-2. THE ASSOCIATED PRESS

Japan Open

Del Potro downs Milos Raonic

Juan Martin del Potro defeated Canada's Milos Raonic 7-6 (5), 7-5 for the Japan Open title on Sunday.

The loss drops the Thornhill, Ont., product to 41-18 on the year, but Raonic is currently in 10th position in the battle for the season-ending Barclays ATP World Tour finals next month. THE CANADIAN PRESS

NBA. From champ to champ: Floyd Mayweather Jr. gives Heat a pep talk

At five-foot-eight, Floyd Mayweather Jr. physically looks up to everyone on the Miami Heat roster.

Figuratively, the roles were reversed Sunday.

Mayweather was a surprise guest at Heat practice Sunday morning, sitting courtside with team president Pat Riley, managing general partner Micky Arison and other members of the franchise's brain trust. It's rare for any outsider to get invited into Heat practice, though Mayweather's resumé — unbeaten in 45 fights and generally considered the best fighter of his era — certainly earned him the ultra-VIP access.

"We're trying to defend two titles. He's been defending for a long time," Heat star LeBron James said. "He definitely knows where we're coming from. It's exciting at the end of the day to have someone, one of the greatest of all time, to be in the presence. It's something you can talk about years from now.... We're honoured and blessed to have him in the building."

Mayweather, who left just as practice was ending, gave the Heat a brief speech, reminding the two-time defending NBA champions about the need for hard work and dedication.

Undefeated boxer Floyd Mayweather BRYAN STEFFY/GETTY IMAGES FILE

He's been a courtside regular at Heat games for many years.

"From one champion to another, he just talked about him being proud of us, how we handled ourselves," Heat guard Dwyane Wade said. "He knows as a champion how hard it is to go out there every night and compete, when someone can take you down and take what you work for. He just kept telling us how proud he is of us and that'd he'd be here to support, just as he was for many years." THE ASSOCIATED PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Toronto	3	3	0	0	12	8	6
Boston	2	2	0	0	7	2	4
Detroit	3	2	1	0	6	7	4
Ottawa	2	1	0	1	5	5	3
Florida	2	1	1	0	4	9	2
Montreal	2	1	1	0	7	5	2
Tampa Bay	2	1	1	0	4	5	2
Buffalo	3	0	3	0	2	7	0

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	2	2	0	0	7	1	4
Carolina	2	1	0	1	4	4	3
NY Islanders	2	1	0	1	6	6	3
Columbus	2	1	1	0	6	6	2
Washington	3	1	2	0	10	12	2
New Jersey	2	0	1	1	3	7	1
NY Rangers	1	0	1	0	1	4	0
Philadelphia	3	0	3	0	3	9	0

Sunday's results
Carolina 2 Philadelphia 1
Anaheim at Winnipeg
Vancouver at Calgary
Saturday's results
Montreal 4 Philadelphia 1
Pittsburgh 4 Buffalo 1
Boston 4 Detroit 1
Toronto 5 Ottawa 4 (SO)
Columbus 3 NY Islanders 2 (SO)

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
St. Louis	2	2	0	0	11	2	4
Colorado	2	2	0	0	9	2	4
Winnipeg	2	2	0	0	10	7	4
Chicago	2	1	0	1	8	7	3
Dallas	2	1	1	0	4	5	2
Minnesota	2	0	0	2	5	7	2
Nashville	2	0	2	0	3	7	0

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	2	2	0	0	8	2	4
Calgary	2	1	0	1	8	8	3
Vancouver	2	1	1	0	7	6	2
Phoenix	2	1	1	0	5	5	2
Anaheim	2	1	1	0	5	9	2
Los Angeles	2	1	1	0	6	7	2
Edmonton	2	0	2	0	6	11	0

Note: Two points for a win, one point for overtime loss.

Tampa Bay 3 Chicago 2 (SO)
Dallas 2 Washington 1
St. Louis 7 Florida 0
Anaheim 4 Minnesota 3 (OT)
Vancouver 6 Edmonton 2
San Jose 4 Phoenix 1
Monday's games — All Times Eastern
New Jersey at Edmonton, 9:30 p.m.
NY Rangers at Los Angeles, 10:30 p.m.

NFL

WEEK 5

Sunday's results
Indianapolis 34 Seattle 28
St. Louis 34 Jacksonville 20
Cincinnati 13 New England 6
Kansas City 26 Tennessee 17
Baltimore 26 Miami 23
New Orleans 26 Chicago 18
Philadelphia 36 N.Y. Giants 21
Green Bay 22 Detroit 9
Arizona 22 Carolina 6
Denver 51 Dallas 48
Houston at San Francisco
San Diego at Oakland
Monday's game — All Times Eastern
N.Y. Jets at Atlanta, 8:40 p.m.

WEEK 6

Thursday's game
N.Y. Giants at Chicago, 8:25 p.m.
Sunday's games
Detroit at Cleveland, 1 p.m.
Green Bay at Baltimore, 1 p.m.
St. Louis at Houston, 1 p.m.
Cincinnati at Buffalo, 1 p.m.
Pittsburgh at N.Y. Jets, 1 p.m.
Philadelphia at Tampa Bay, 1 p.m.
Carolina at Minnesota, 1 p.m.
Oakland at Kansas City, 1 p.m.
Tennessee at Seattle, 4:05 p.m.
Jacksonville at Denver, 4:05 p.m.
New Orleans at New England, 4:25 p.m.
Arizona at San Francisco, 4:25 p.m.
Washington at Dallas, 8:30 p.m.

CFL

WEEK 15

EAST DIVISION

	GP	W	L	T	PF	PA	Pts
Toronto	14	9	5	0	407	370	18
Hamilton	14	7	7	0	360	383	14
Montreal	14	6	8	0	349	385	12
Winnipeg	14	2	12	0	279	459	4

WEST DIVISION

	GP	W	L	T	PF	PA	Pts
Calgary	14	11	3	0	446	323	22
Saskatchewan	14	9	5	0	419	316	18
B.C.	14	9	5	0	395	350	18
Edmonton	14	3	11	0	340	409	6

Saturday's results
Montreal 47 Edmonton 24
Calgary 38 Winnipeg 11

MLB

AL DIVISION SERIES

DETROIT VS. OAKLAND
(Series tied 1-1)
Saturday's result
Oakland 1 Detroit 0
Monday's game — All Times Eastern
Oakland (Parker 12-8) at Detroit (Sanchez 14-8), 1:07 p.m.

BOSTON VS. TAMPA BAY
(Boston leads series 2-0)
Saturday's result
Boston 7 Tampa Bay 4
Monday's game
Boston (Buchholz 12-1) at Tampa Bay (Cobb 11-3), 6:07 p.m.

NL DIVISION SERIES

L.A. DODGERS VS. ATLANTA
(Series tied 1-1)
Sunday's result
Atlanta at L.A. Dodgers
Friday's result
Atlanta 4 L.A. Dodgers 3
Monday's game
Atlanta (Garcia 1-2) at L.A. Dodgers (Nolasco 13-11), 9:37 p.m.

ST. LOUIS VS. PITTSBURGH
(Pittsburgh leads series 2-1)
Sunday's result
Pittsburgh 5 St. Louis 3
Friday's result
Pittsburgh 7 St. Louis 1
Monday's game
St. Louis (Wacha 4-1) at Pittsburgh (Morton 7-4), 3:07 p.m.

Horoscopes

♈ Aries
March 21 - April 20
If you are bored with the same old places and faces now is the time to make changes.

♉ Taurus
April 21 - May 21
An offer that comes out of the blue may look too good to be true but with Venus, your ruler, moving into the wealth area of your chart today it may pay you to take a closer look. It could be for real.

♊ Gemini
May 22 - June 21
The cosmic balance is shifting in your favour and you should take advantage of it over the next few days.

♋ Cancer
June 22 - July 23
You seem to believe that those you work with are operating according to a hidden agenda and that you alone are being kept in the dark. You need to get over yourself. Can you spell "paranoia"? There's no conspiracy.

♌ Leo
July 24 - Aug. 23
Affairs of the heart are high on your agenda and with love planet Venus moving into the most dynamic area of your chart today you won't hesitate to let that special someone know how you feel.

♍ Virgo
Aug. 24 - Sept. 23
What should concern you now is the bigger picture. What is your place and role in the world? Like everyone you were born with a purpose and a plan and your task this week is to find out what it is.

♎ Libra
Sept. 24 - Oct. 23
Venus, your ruling planet, urges you to raise your sights and accomplish something truly outstanding.

♏ Scorpio
Oct. 24 - Nov. 22
You will get the chance to show a loved one how much you really care for them today. If you are minded to buy them a gift make it something small but tasteful. It's not about how much it costs.

♐ Sagittarius
Nov. 23 - Dec. 21
A great deal of joy is forecast for you over the next few days. Much of it will come from spending time with friends, relatives and the kind of people who accept you for who and what you really are.

♑ Capricorn
Dec. 22 - Jan. 20
The more others urge caution this week the more inclined you will be to take chances – and you'll be glad you did.

♒ Aquarius
Jan. 21 - Feb. 19
Your luck will change for the better today. Why? Because the good things you did for so many people in the past will now start to come back to you.

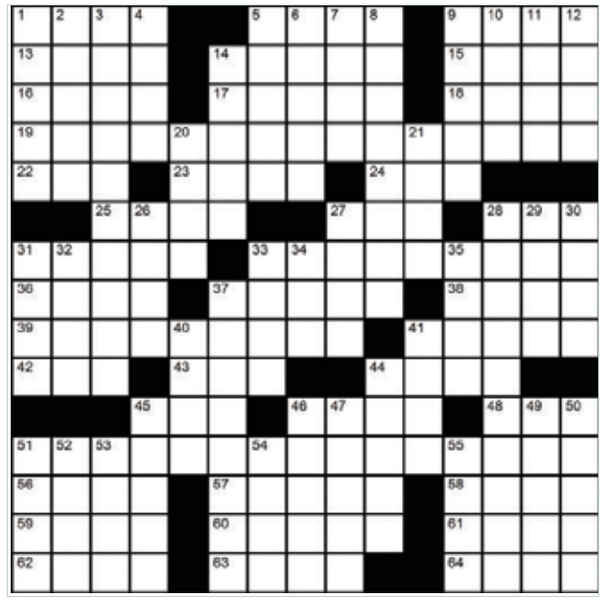
♓ Pisces
Feb. 20 - March 20
Someone in a position of authority thinks you are the best thing since sliced bread. What have you done to be so highly regarded? Who knows, but you can and you must take advantage of what they offer you.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



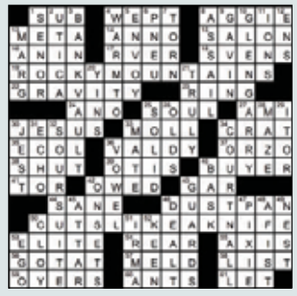
Across

1. Mr. Jones of The Monkees
5. Abodes, hip-style
9. Desert hill
13. Mars: Prefix
14. Funny book
15. Swear
16. Close at hand, in poetry
17. Reddish-brown hair rinse
18. Very dry
19. Seat for Queen Elizabeth on The Great Seal of Canada: 2 wds.
22. WSW opposite
23. "Assuming that's true...": 2 wds.
24. Unpositive utterance
25. Officially choose
27. "Dragons' __"
28. Dance step
31. Put up with
33. Barenaked Ladies' "The Old __"
36. French Sudan, now
37. Prices
38. Creative
39. Ontario town which is the ancient Roman word meaning 'Scotland'
41. Bette Davis/Errol Flynn movie, "The Private Lives of Elizabeth and __" (1939)
42. Compass dir.
43. Soldier's food-in-a-packet [acronym]
44. Make cake
45. Craze
46. Enzyme suffixes
48. Energy
51. 1970 October Crisis: Prime Minister Trudeau's famous quote: 4 wds.
56. Sanction
57. Aired again
58. "__!... I Did It Again"
59. Sentence segment
60. Skips
61. Not tricked: 2 wds.
62. Guitar great Duane
63. Puppy's protests!
64. Car starters

Down

1. Have fun at the nightclub
2. Dolphin-riding Greek poet
3. Alberta town which is east of Edmonton
4. __ National Park, BC
5. The Tragically Hip song
6. Prenatal test, commonly
7. Wilma's pet
8. 1981 David Cronenberg horror movie
9. Sprint-like
10. Eye part
11 . "Me neither.": 2 wds.
12. Washstand vessel
14. Fray
20. Evening, informally
21. Isn't able
26. Comical cat's chum
27. Stuff collected from research
28. __ Theatre (Saskatoon theatre company named after an ancient goddess)
29. Payment in poker
30. Greek Myth: Charon's river
31. Some old Jeeps, e.g.
32. Meadowland sounds
33. Super-duper
34. Greek†alphabet letter
35. Jim Carrey movie, "The __" (1994)
37. Casual material
40. Music key, _ __.
41. The __ Coast
44. Kidney, and others
45. The Snowbirds maneuver
46. From Depeche Mode's "World In My Eyes": "Let me take you on _ __..."
47. Police squads, e.g.
49. Beerless beer bottle
50. Monetary units in Mexico
51. Created carpeting
52. Added to income, with hard work
53. Grease
54. Quasi
55. Work in the kitchen

Friday's Crossword

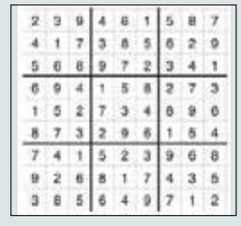


Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	4		9	7				
	9		8				5	6
		1	2			8		
						5	3	8
7				3				2
2	8	3						
		7			6	3		
1	5				4		8	
				5	2		6	

Friday's Sudoku



Today
21°/5°
Rain
100%

Tuesday
15°/5°
Mainly sunny

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